

# **NUTRITION AND PHYSICAL ACTIVITY TO PREVENT OBESITY PROGRAM**

Arizona Department of Health Services

## ***Worksite Workgroup Summary***

*May 19, 2004*

### **Welcome by ADHS**

The purpose of this first workgroup meeting was to start vision and strategy development for the comprehensive state plan to reduce obesity and chronic disease through physical activity and nutrition interventions. The groups will meet once a month for 3 hours at ADHS through August (possibly September). A draft of the plan will be completed by September 2004 with community forums following for a completion of the plan by January 2005. We plan a kick-off of the plan in February.

All workgroups received background reading for this meeting as well as additional reading in their perspective areas for the next meeting. *If you did not attend the first meeting, you can get the materials at the meeting session.*

Each workgroup has a program staff liaison. The liaison will be the contact for each of their groups regarding questions or concerns and will be leading the group along with our facilitator. Liaisons for workgroups are listed below:

Emily Augustine, CHES - Physical Environmental, Worksite, Special Needs

Lisa DeMarie, MA - Elementary School, Junior/Senior High School, Family

Renae Cunnie, Ph.D. – Healthcare, Community

### **PROGRAM VISION:**

To be recognized as the leader in obesity prevention in Arizona, resulting in optimal health for our citizens.

### **PROGRAM MISSION:**

To improve the health and quality of life of Arizona residents by reducing the incidence and severity of chronic disease and obesity through physical activity and nutrition interventions.

### **PROGRAM GOALS:**

1. To promote and enable the citizens of Arizona to eat smart.
2. To promote and enable active lifestyles in Arizona residents.

### **GENERAL GOAL FOR THESE PLANNING WORKGROUPS:**

To assist with the writing of Arizona's comprehensive state plan, including developing strategies and action steps, to reduce chronic disease and obesity through physical activity and nutrition interventions.

There are eight workgroups including:

- Physical Environment
- *Worksite*
- Elementary school
- Junior/Senior High school
- Special Needs
- Family
- Healthcare
- Community

## **Ground Rules**

Full participation  
There are no bad ideas  
Disagree with respect  
Encourage out-of-the-box thinking  
Do not interrupt  
Criticize ideas not people  
Commit to attend meetings  
Share time “on the floor”  
No blaming

## **Definition of *Worksite* workgroup:**

For the purpose of these workgroups, the worksite group is defined as the place where individuals work/earn their income. The group also encompasses the employer’s influence towards the health of their employees including a supportive environment to practice healthy habits as well as what else the employer is doing to help keep the employee healthy. This includes worksites with multiple buildings as well as all sizes of employers.

This workgroup will work on strategies and action steps for physical activity and nutrition that will positively effect this population and the issues related to this population.

## **Vision of the ideal for reducing/preventing obesity with the worksite:**

ADHS will influence employers to create wellness programs that will:

1. Sponsor a Wellness program and policies that support healthy lifestyles.
2. Have access to and adequate data in order to recognize problems and outcomes such as Return On Investment (ROI)
3. Have access to resources that will assist in designing a worksite wellness program
4. Receive benefits such as a tax credit if they have a wellness program

## **Identified strategies**

1. Create a public media campaign aimed at workers that will encourage them choose an employer with a wellness program in order to change the culture of worksites (supply and demand) (*like shopping for bank loan commercials that are currently out on T.V.*)
2. Create a Universal way to measure: Behavioral Risk – Risk Readiness Compliance; have programs that help employees comply
3. Create a “best practices” handbook for employers including:
  - Monetary incentives for healthy lifestyles: lower health care premiums; fitness club rewards; “wellness bucks”
  - Assessment/Evaluation (wellness benefits, claims, rx, ROI)
  - Internal structure such as wellness ambassadors
  - Employees allotted ½ hour in 3 work days per week to be physically active or attend nutrition programming
  - Obtaining employer buy-in
  - Educational awareness activities targeting the top 5 claims categories driving co-morbid conditions and health care costs in the work place, (Keep it Fun)
  - Individual behavior change programs
  - Programs that accommodate stages of change, that build in the family, are evidence-based, accessible, affordable
  - Funding

- Environment conducive to use facilities for physical activity
  - Environment conducive to healthy food options
  - Fitness Breaks, healthy refreshments at meetings
  - Worksite would allow for Time (and opportunity) and have Facilities and Assistance
4. Create a “toolbox” to assist with creating the wellness programs such as physical activity and healthy eating but also including
    - Screening
    - ROI and other outcome measures
    - Pro-active health insurance policy
    - Incentives
  5. Create a state database with general population and/or worksite information

### **Overlaps/Parking lot**

This section is devoted to identifying ideas that were also considered in other workgroups as a primary interest and identifying which groups will focus on them.

Ideas from the Worksite workgroup that address another workgroup’s focus area:

- Ideas for Physical Environment workgroup
  - Sidewalks, etc. of city/town property for physical activity

Ideas from other workgroups that address the Worksite focus area:

- Ideas from Physical environment workgroup
  - Work culture that is conducive and supportive to physical activity and healthy eating inside the employer’s property, building, etc.
- Ideas from Healthcare workgroup
  - School/work is a place for a visual campaign - At the Point of Purchase, illustrate the nutritional value of fries verses a baked potato
- Ideas from Community workgroup
  - Business incentives for employees to exercise Employers could subsidize fitness, employers subsidize special rate hour (Free Stone - Gilbert - recreation center - is a facility)